

Educating the Next Generation of Life Savers

Professional Development for Middle and High School Science, Health, CTE and Physical Educators



Sudden Cardiac Arrest (SCA) is the leading cause of death on school campuses and the #1 killer of student athletes. One in 300 youth has an undetected heart condition that puts them at risk. Physicians acknowledge that practitioners and parents alike miss warning signs and risk factors. Research shows the public is unsure what SCA even is, or that a bystander performing CPR can triple the victim's chance of survival.

With an SCA survival rate that has remained below 10% for three decades, this public health crisis requires a new approach. We need to create cultures of prevention in our classrooms to equip the next generation to save a life. This FREE program empowers young people to prevent sudden death at home, in school, on the field, at the doctor's office and in their future families, communities and workplaces.



Definition of Sudden Cardiac Arrest
Causes of SCA
SCA vs. Heart Attack
Incidence of SCA in Youth



Warning Signs of Heart Condition
How to Recognize Warning Signs
Why Don't Kids Report Symptoms
Family Risk Factors



Identifying Cardiac Abnormalities
Assessment In Preventative Care
Diagnostic Tools
Genetic Testing



The Cardiac Chain of Survival
Cardiopulmonary Resuscitation (CPR)
Automated External Defibrillation (AED)

Goals

- Educate youth to recognize warning signs and family risk factors so they can be their own heart health advocate
- Empower youth to use CPR and an automated external defibrillator (AED) and teach others the Cardiac Chain of Survival
- Equip youth with leadership skills that prepare them to advocate for prevention in their communities

Materials

- 4 Videos (approximately 7 minutes each)
- Video Worksheet for Students
- Quizzes and Answer Keys
- Corresponding Activities for each Video
- Student Recognition Opportunities
- Free Classroom Resources

Get Free Access to Smart Hearts

Register for a virtual professional learning event from 3 - 4:30 pm.
Upon registration a ZOOM link will be provided.

July 21

<http://sdcoe.k12oms.org/1021-202115>

August 10

<http://sdcoe.k12oms.org/1021-202116>

October 4

<http://sdcoe.k12oms.org/1021-202117>

EP Save A Life will provide participants who attend and complete the post-event survey with a \$50 Amazon gift card.

